



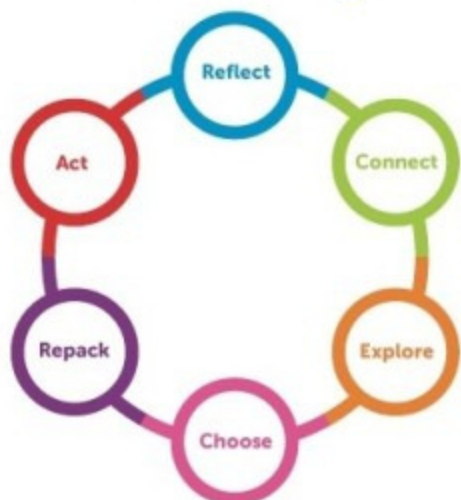
Kingsport Senior Center News

April 2015

Volume XXIII Edition 4
1200 East Center Street
Kingsport, Tennessee 37660

Life Reimagined

Life Reimagined®



Monday, May 18 and Tuesday, May 19
9:00a.m.-1:00p.m.

Room 239

FREE

Lunch will be provided

20 person max for class

What is Life Reimagined?

Your world is full of possibilities: new passions to pursue, work that's rewarding, people to connect with, healthier ways to live. Sometimes you know exactly what you want and how to get it, and sometimes the answer isn't as clear, or feels out of reach. But when you look ahead with curiosity and courage, the possibilities are endless.

Life reimagined offers you a fresh, personalized authentic and thought-provoking approach to help you navigate the next phase of your life. And you'll be inspired by people just like you who've reimagined their lives in extraordinary ways.

Learn more at LifeReimagined.org.

Sign up begins April 1.

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center
is located at
1200 E. Center Street in the
Renaissance Center Building.
For more information call the
Center at (423) 392-8400**

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047**

**Hours: 9am to 2pm - Monday-Wednesday
Closed: Thursday and Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close
15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2014-June 30, 2015**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Lori Calhoun ~ Secretary
loricalhoun@kingsporttn.gov
392-8400 **FAX 224-2488**

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
392-8405

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Patti Blackwell
765-9047

Nutrition Site Manager ~ Sutonia Sizemore
246-8060

WELLNESS

WELLNESS SEMINARS

Preventative Screening: Dr. Ayesha Kamal. with ETSU Family Medicine will be at the Center on **Tuesday, April 7, 2015** at 12:30 pm in the Card Room. Topic of discussion will be "Preventative Screening": This seminar will cover various preventative care screenings and the ages at which they must be done and what ages you can discontinue doing them. This is an event you will not want to miss, so mark your calendar and plan to attend!

Dementia: Dr. Edwin Schawnburg with ETSU Family Medicine will be at the Center on **Tuesday, April 21, 2015** at 12:30 pm in the Card Room. Topic of discussion will be "Dementia": This seminar will cover the signs, symptom's, causes, tests, stages, and treatments. Learn about dementia and how it relates to Alzheimer's and Memory loss. This is an event you will not want to miss, so mark your calendar and plan to attend!

The Sweet Spot: Ashley Bates with Cave's Drug Store will be at the Center on **Tuesday, April 28 2015** at 10:30 am in the Card Room. Topic of discussion will be "The Sweet Spot, Peaks & Valleys: Controlling Your Blood Sugar". If you're living with diabetes, controlling your blood sugar can sometimes feel like a series of peaks and valleys. From high blood sugar moments after dinner to low blood sugar events in the morning, wildly fluctuating blood sugar values can affect your everyday life! In this exciting and informational class, we'll learn key ways to prevent highs and lows as well as key symptoms to look for with dangerous blood sugar values.

I Can't Seem to Get Rid of My Toenail Fungus What Are My Options?

First, have a doctor confirm that a fungal infection is actually afoot. Fifty percent of nail problems aren't fungus related, says Mahmoud Ghannoum, Ph.D., director of the Center for Medical Mycology in Cleveland. Nail psoriasis is a common impostor, and it can be treated with prescription drugs or steroid injections. But if you test positive for fungus, your doc will probably prescribe a topical treatment for the surface of the nail as well as an oral medication to reach what's hiding underneath, says Lauren Ploch, M.D., a dermatologist based in New Orleans. And don't forget to decontaminate your shoes-they're often fungus-filled breeding grounds that can lead to reinfection, says Dr. Ploch. Coat the insoles with a foot powder that contains the antifungal agent miconazole, such as Desenex Anti-fungal Powder.

Hope Quote of the Month

Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship.

~ Thich Nhat Hanh

TOURNAMENTS

Pickleball Tournament: Come join us for a pickleball tournament on **Wednesday, May 6, 2015** at 10:00 am at Lynn View. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 14 to sign up for tournament to be played. Sign ups start on April 8, 2015.

Corn Hole Toss Tournament: Come join us for a corn hole toss tournament on **Friday, May 15, 2015** at 12:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign ups start on April 8, 2015.

How High BP Causes a Stroke

Stroke rates among the young are on the raise. The culprit: hypertension. Daniel Lackland, Dr.P.H., a professor of neurosciences at the Medical University of South Carolina, explains how high BP harms your brain.

1/ THE PRESSURE RISES: Like a torrent of water rushing through a skinny hose, high blood pressure (140/90 mmHg or higher) forces your arteries to stretch more than they should.

2/ TINY RIPS OCCUR: Under that stress, microscopic tears form in the innermost layer of your arteries. Your body tries to repair the damage by churning out clot-forming platelets. Other molecules, including LDL (bad) cholesterol, cellular debris, and calcium, become trapped inside the artery wall, forming plaque.

3/ ARTERIAL WALLS STIFFEN: Your immune system deploys specialized white blood cells to break down the plaque, but those cells can't break it down. Instead, they combine into "foam cells," which spur inflammation. Your arteries' smooth muscle cells form a hard cover over the mixture, stiffening your arterial walls. This pushes your blood pressure even higher.

4/ A CLOG FORMS: As blood flows past the buildup pieces of plaque break loose and float through your bloodstream and toward your brain, where a clot can become stuck in a tiny cerebral artery. Blood and its precious cargo, oxygen, cannot reach the brain cells fed by that artery, causing an ischemic stroke.

5/ BRAIN CELLS SUCCUMB: Without oxygen, your brain cells start to die off within minutes. Depending on the brain region and number of cells affected, symptoms and complications can range from dizziness and hellacious headaches to paralysis, coma, and even death.

Daily Activities and Classes at the Center

Monday

Lap Swimming ~ 9:00~Aquatics Center
SilverSneakers Classic~ 8:15 ~ Gym
Open Woodshop ~ 8:30-3:00
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Quilting ~ 9:00 ~ Room 303
High Impact Aerobics ~ 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio
Strength Training ~ 10:15 ~ Gym
Beginning Line Dancing ~ 11:30 ~ Gym
Intermediate Line Dancing ~ 12:45 ~ Gym
Knitting ~ 1:00 ~ Room 303
Mahjong ~ 1:30 ~ Card Room
Table Tennis ~ 2:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday

Lap Swimming ~ 9:00~Aquatics Center
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
Zumba Fitness ~ 8:15
Open Woodshop ~ 8:30-3:00
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 9:30 ~ Gym
Basket weaving ~ 10:00 ~ Room 303
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Dulcimer ~ 11:00 ~ Atrium
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

Lap Swimming ~ 9:00~Aquatics Center
SilverSneakers Classic~ 8:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 8:30-3:00
High Impact Aerobics ~ 9:15 ~ Gym
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio
Strength Training ~ 10:15 ~ Gym

Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Belly Dancing ~ 1:00 ~ Room 302
Table Tennis ~ 1:00 ~ Gym

Thursday

Lap Swimming ~ 9:00~Aquatics Center
Zumba Fitness ~ 8:15 ~ Gym
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Intermediate Dulcimer ~ 11:00 ~ Atrium
Core & Posture Beginning Belly Dance ~ 11:30 ~ Room 302
Volleyball Lessons ~ 11:30 ~ Gym
Jam Session ~ 12:30 ~ Cafeteria
Volleyball ~ 1:00~ Gym
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Piano lessons ~2:00 ~ Multipurpose room (appointment only)
Pickleball ~ 4:00 ~ Gym

Friday

Lap Swimming ~ 9:00~Aquatics Center
SilversSneakers Classic~ 8:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
High Impact Aerobics ~ 9:15 ~ Gym
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room

Saturday

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym
Exercise Room ~ 9:00-12Noon
Computer Lab ~ 9:00-12Noon

TRAVEL AND SPECIAL EVENTS

Intergenerational Easter Egg Hunt-Thursday, April 2, 2015– Front Lawn– 10:30a.m.-11:30a.m.– Sponsored by New Vision Youth– This Easter egg hunt is a little different than your normal Easter egg hunt– For example if you find an old pair of socks then you will get them replaced by a new pair of socks, etc– **Sign up now!**

Craft Day- “Celebrate Spring”- Wednesday, April 8, 2015– Room 303– 10:00a.m.-12noon– FREE– Lead by our volunteers– See example in display case- **Sign up now!**

Acoustic Beginning Guitar Lessons– Monday’s April 13-May 18– 10:00a.m.-11:00a.m.- \$5.00 per class, per lesson paid to instructor Nathan Matthews– in these classes you wil llearn holding the guitar, tuning, pick position, 5 chords and 4 songs. **Sign up begins April 2.**

Woodburning– Picture of an Iris– Wednesday, April. 15, 2015– Room 310– 9:00a.m.-12noon– Students will need to bring their wood burner with tips. See example in display case. Class fee includes project materials and instructions– Instructor: Sharon Chase– Cost: \$20.00– **Sign up begins April 1.**

Woodburning– A picture of a Green Jay with Sun-flower– Wednesday, April 29, 2015– Room 303- 9:00a.m.-12noon– Students will need to bring their wood burner with tips. See example in display case. Class fee includes project materials and instructions– Instructor: Sharon Chase– Cost: \$20.00– **Sign up begins April 6.**

Trunk Sale– Friday, April 24, 2015– Front Lawn– 8:00a.m.-12noon– FREE– **Sign up for your spot beginning on April 1st.**

Afternoon Tea Party– Friday, May 8, 2015– Cafeteria –12:30p.m.-1:30p.m.– FREE– Bring your favorite tea pot to enter it in the teapot contest. Refreshments sponsored by Comfort Keepers. **Sign up begins April 8.**

Game Day: “Trivia Crack”- Friday, May 22, 2015– Card Room– 10:00a.m.-11:00a.m.– FREE– Need teams of 2.– This is a game that will test your mind! Categories include: Art, Science, History, Geography, Sports, and Entertainment– **Sign up begins April 8.**

Beginning Drawing

Friday, April 24, 2015
1:00p.m.-4:00p.m.
Room 303
Cost: \$20.00 paid to instructor

Instructor: Anne Thwaites

Learn basics on how to draw

Sign up now

Bob Ross Style Painting

Wednesday, April 15, 2015
10:00a.m.-2:00p.m.
Room 303
Cost: \$50.00 paid to instructor
Jay Holdway
See example in display case.
Bring your lunch.

Sign up now

OTLB: Draper Mercantile & Trading Company

Friday, May 15, 2015
Draper, VA
9:15a.m.-4:30p.m.
Cost: \$8.00 for transportation
Lunch will be on your own



Bus will stop at the Dutch Pantry in Rural Retreat on the way home.

Menu will be available to preview at sign up.

Sign up begins April 2.

TRAVEL AND SPECIAL EVENTS

Flatrock Playhouse Presents:
"Always Patsy Cline"/
Historic Hendersonville Tour

Thursday, May 7, 2015
Hendersonville, NC
8:00a.m.-6:30p.m.

Cost: \$47.80 for show/transportation/tour

Lunch on your own at Binion's Roadhouse before show

Menu located in Senior Center Office



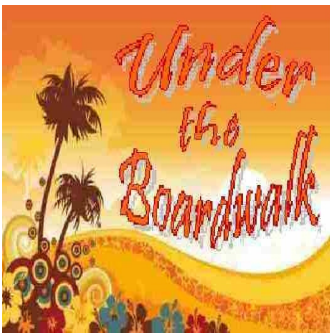
A heartwarming celebration of down home country humor, true emotion and timeless classics. A country music superstar. A housewife from Houston. An unlikely unforgettable bond.

Historic Hendersonville Tour:

- Historic main street of Hendersonville
 - Hendersonville Country Curb Market
 - St. John in the Wilderness Church
- Brief stop at Carl Sandburg National Historic Site
 - Wofe Angel
 - 7th Ave Historic Train Depot
- Stop at Van's Chocolate. This is a small family owned business still hand making chocolates in their kitchen with recipes that have been in the family for at least 3 generations.

Sign up begins April 2

Wohlfahrt Haus Presents:
"Under the Boardwalk"



Thursday, May 21, 2015
Wytheville, VA
9:45a.m.-6:00p.m.
Cost: \$45.00 all inclusive

Back by popular demand! Carolina Beach Music is a beloved trademark of the Southeastern seaboard and is one of our all time favorites. Let Wohlfahrt Haus drift you away to the Carolina coast in "Under the Boardwalk". This original production features the live music of our own WHDT beach band. If this show doesn't have you shagging in the aisles then nothing will. It's "SHAGTASTIC"!

Sign up begins April 30

Barter Theatre Presents:
"Mary Poppins"

Thursday, May 28, 2015
Abingdon, VA
10:30a.m.-6:00p.m.
Cost: \$30.00 for ticket and transportation

Lunch on your own at Logan's Roadhouse

It's Barter's big summer musical! Bring your whole family!

Known by children of all ages, "Mary Poppins" is the story of a mysterious nanny who magically appears at the Banks household to care for young Jane and Michael Banks. Adventure abounds as she whisks them away to meet dancing chimney sweeps, shopkeepers and an array of colorful characters. Featuring eye-popping sets and costumes, breathtaking dance numbers and beloved songs such as the Academy Award-winning "Chim Chim Cher-ee," "A Spoonful of Sugar," "Feed the Birds," "Step in Time" and "Supercalifragilisticexpialidocious," come discover with Mary a world where "Anything Can Happen" if you let it!

Sign up begins April 7

Your Page

From the Dancing Corner

SPRING in Spring with Kids Our Age Band who will play your favorite dance tunes on Friday, April 10, 2015. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

Kids Our Age is one of the premier dance bands in the Tri-Cities. They have entertained audiences and dance groups all over Northeast Tennessee and Southwest Virginia for over twenty years. David Riggs is the centerpiece of the group as lead vocalist/guitarist. James Lane is the talented keyboardist and Jim Philyaw is featured on drums. They will play a varied, pleasing mixture of beach music, classic rock, shag tunes, pop favorites and ballroom standards. This trio welcomes song or dance genre requests.

Put this date on your calendar for an enjoyable evening of listening and dancing.

Friends of the Kingsport Senior Center presents

APRIL

APRIL

DANCE

Kid's Our Age



Contact:
423 288-2668

Friday, April 10, 2015
6:30-10 PM

Renaissance Gym
1200 East Center Street
Kingsport, TN
Admission:
\$5 per person

Massage Therapy

Mondays and Tuesdays
9:00a.m.-3:00p.m. with Barbara Keesecker
call 423 - 735-7475
30 minute massage
Cost: \$20.00
Call to schedule appointment

Kingsport Senior Center Advisory Council Members:

- Bruce Shine (Chairman)

Brenda Cunningham

Norma Livesay

ter Pridemore

Carol Woodard

Pat Breeding
- Jean Chang

Carmon MoixLes-

Frances Cottrell


Mary Porter



Cooking with Tracy– Monday, April 13, 2015– Lounge– 10:45a.m.-12:30p.m.-Cost: \$2.00– Sign up begins April 1.

Cake decorating 101– 3 week series– Wednesday’s April 8-April 29, 2015– 10:00a.m.-12noon – Cost: \$5.00 per person paid to instructor– Supplies needed: Star tips 1 m, 21, 18, 16; round tips 1, 3, 12; Petal– Rose tip 104; Drop flower tip 2d; leaf tip 352; couplers and spatula – sign up begins April 1

Spring Flower Centerpieces– Thursday, April 16, 2015– 10:30a.m.-11:30a.m.– Card room– Cost: \$10.00 per person paid to instructor– Bring scissors and container for flowers– Sign up begins April 1.

NEWS TO USE	
<div><p><u>Light Yoga for Seniors</u></p><p>Tuesday’s Beginning April 7-June 23 11:00a.m.-12noon Room 302 Fee: Bring a mat for class</p><p>Instructor: Dr. Sharmi Mehta</p><p>This course is especially designed for the seniors who are interested in learning Yoga but are hesitant to do so because of their limited energy and fragile health conditions. In spite of these age related problems, if you want to stay healthy and active in your golden years learn yoga and have a good laugh while you are at it.</p><p>In this course we are going to learn types of Yoga—simple, safe and easy. Hatha Yoga, Pranayam Yoga, Laughter Yoga.</p><p>Hatha Yoga– Exercises will help to increase the flexibility of aging body parts and reduce stiffness of joints and muscles.</p><p>Pranayam Yoga– Involves learning simple breathing exercises which strengthen lungs and help in easing headaches, sinus and blood pressure problems.</p><p>Laughter Yoga– laughing exercises that help heal the body and mind from a variety of ailments, stress and pains.</p><p>Sign up begins April 2.</p></div>	<div><p><u>Recipe of the Month</u></p><p><u>Marinated Mozzarella</u></p><p><u>Ingredients:</u> 1/3 cup olive oil 1 tablespoon chopped oil-packed sun-dried tomatoes 1 tablespoon minced fresh parsley 1 teaspoon crushed red pepper flakes 1 teaspoon dried basil 1 teaspoon minced chives 1/4 teaspoon garlic powder 1 pound cubed part-skim mozzarella cheese</p><p><u>Directions:</u> -In a large resalable plastic bag, combine the first seven ingredients; add cheese cubes. Seal bag and turn to coat; refridgerate for at least 30 minutes. - Transfer to a serving dish; serve with toothpicks. Yield:8-10 servings.</p></div> <div><p><u>Welcome Desk Flowers</u></p><p>White’s Floral is our Welcome Desk flower arrangement sponsor for the month of March. They are located at 2218 E Center Street, Kingsport ,TN. Phone 423-245-5174. They are a full service flower shop, delivering in the Tri-Cities area. Hours are 8:30am- 5:30pm. Come by and see the beautiful floral arrangements each week at the Welcome desk and visit White’s Floral and thank them for donating!</p></div>
<p>The Senior Center is looking for a Consumer Representative to be on the First Tennessee Area Agency on Aging and Disability Advisory Council. You will meet bi-monthly at the AAAD building in Johnson City. If interested please contact Shirley Buchanan at 423-392-8403.</p>	

Computer Class Schedule

Basic Computer— April 20,27, May 4, 11, 18, 25— 1:00p.m.— Cost: \$25.00— Sign up in front office

Internet Security and Computer Clean up-Wednesday, May 20— 9:00a.m.-11:00a.m. and 1:00p.m.-3:00p.m.— Everyone must attend both classes— Cost: \$10.00— Sign up in front office

Kindle Fire or Kindle Fire HD class— Monday, April 20— 5:00p.m.-6:30p.m.— Card Room— FREE— Instructor: Heather Duby- *Must know your Amazon login information. Bring your Kindle Fire. **Sign up now!**

iPhone 5 Class— Monday, April 27— 5:00p.m.-6:40p.m.— Card Room— FREE— Instructor: Heather Duby- *Must know your Apple ID and password— Bring your iphone 5. **Sign up now!**

AARP SMART DRIVING CLASSES

Wednesday, April 22 and Thursday, April 23, 2015

Room 230

9:00a.m.-1:00p.m.

Cost: \$15.00 for members and \$20.00 for non members

Sign up now

Manicures

Tuesday, April 14, 2015

Multipurpose Room

11:30a.m.-2:00p.m.

Cost: \$2.00

Dobyns-Bennett cosmetology students

Sign up begins April 2.

Library Book Day

Thursday, April 16, 2015

KARAOKE:

Tuesday, April 21, 2015



SMILE: Volunteers Wanted

Attend SMILE meeting- Thursday, April 9 at 2:00 in Room 239.

Come and find out about all of our wonderful volunteer opportunities! Contact Michelle at 392-8404 for more information.



Spring Session Classes 2015

Classes begin week of April 6, 2015—week of June 22, 2015, unless otherwise noted.

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Basic Tai - chi

- Monday
 - Time: 8:30am
 - Location: Room 310
- This is a volunteer led class that will teach participants the basics/ beginnings of tai-chi.
No sign up required, walk-ins welcome!

Ballroom Video Class

- Tuesday
 - Time: 4:30pm - 6:00pm
 - Room 302
- No instructor, practice on own

Basket weaving

- Tuesday
- Time: 9:00am-12:30pm
- Location: Room 303
- Instructor: Lynne Bowers

Core & Posture Belly Dance for Beginners (Women Only)

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

Please visit website for meeting times.
Instructor: Claude Kelly
Website: www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am - 11:00am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

Clay (Beginning Hand Building)

- Monday Beginning April 20– July 6, 2015
- Sign up starts April 8
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pay at signup; no refunds

Clay (Intermediate Hand building)

- Wednesday Beginning April 22-July 8, 2015
- Sign up starts April 8
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pre-requisite must have taken beginning hand building.

One on One Clay Lessons

- For beginners and advanced levels; can be catered to individual.
- Tuesday and Thursday from 1:00p.m.-4:00p.m.
- Call Phillip Shivell to schedule and appointment– 341-8352

Clogging - (Beginning)

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners) Begins April 7

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/ lap dulcimer book– Cost: \$9.99
- Sign up begins March 23**

Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Spring Session Classes 2015

Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational singing at nursing homes

Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to the location where we are scheduled to sing.

Jam Session

- Thursday
- Time: 12:30 noon
- Location: Cafeteria
- Bring your instrument and play with the group, dance or just enjoy the music!

Karaoke

- 3rd Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- M-F
- Time: 9:00am-11:00am
- Location: Aquatics Center
- No instructor, lap swimming
- Locker room and warm water pool available for use.

Mahjong

- Monday
 - Time: 1:30pm
 - Location: Card Room
 - Instructor: Jean Chang
- Beginners to Advanced players Welcome.

Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

Piano Lessons

- Thursdays
- Time: 2:00pm-4:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment 423-292-2711

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: John Plutchak

Renaissance Strings

- Tuesday
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Mark Farmer

Rook

- Tuesday
- 4:00pm
- Card Room (Bring snack to share)

SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 8:15am - 9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday, Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome

Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Volunteer Instructors
- Complete woodshop. **Safety test Required, given 1st Monday of each month at 9 am.**

Zumba

- Tuesday and Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

Spring 2015 BRANCH SITE SCHEDULE

Classes end week of June 22 unless otherwise noted.

Core Conditioning

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet (April 28-June 2)

- Tuesday
- 6 week class
- 10:00-11:00am
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

Intermediate Crochet (April 28-June 2)

- Tuesday
- 6 week class
- Instructor: Susan Eagan
- Location: Lynn View Branch site
- 11:30-12:30pm
- \$20.00
- Bring your own pattern

Art Class

- Tuesday
- Time: 10:00-12:00pm
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
-

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Wednesday *NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

SilverSneakers Classic

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

Pickleball

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

Silver Sneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

Indoor Walking

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Silver Sneakers Yoga

Monday and Wednesday
Time: 11:00am
Location: Lynn View Branch Site
Instructor: Chris Hicks

Artists Wanted



The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information.

423-765-9047.

Visit our website

www.kingsportseniorartisancenter.com

And like us on Facebook

<div data-bbox="110 475 681 615">  <p>Kingsport Adult Education</p> </div> <div data-bbox="100 693 687 1019"> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> </div> <div data-bbox="100 1059 288 1094"> <p>JOB SKILLS</p> </div> <div data-bbox="124 1174 514 1439">  </div> <div data-bbox="100 1538 687 1622"> <p><u>Basic Heating Ventilation and Air Conditioning Preparation</u></p> </div> <div data-bbox="100 1625 687 2091"> <ul style="list-style-type: none"> • Monday • Beginning April 13-June 8, 2015 • Time: 6:00p.m.-8:00p.m. • Renaissance Center Cafeteria • Cost: \$145.00 due 1st day of class • 8 weeks class with instructor Karl Berry • This is an 8 week class to prepare you for the HVAC Test • Contact 392-8400 to register for the class </div>	<div data-bbox="711 475 1181 509"> <p><i>CULTURAL/ARTS/CRAFTS</i></p> </div> <div data-bbox="711 559 1147 596"> <p><u>Beginning Chinese Class</u></p> </div> <div data-bbox="711 599 1233 895"> <p>Wednesdays 11 classes 3:45 P.M. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> </div> <div data-bbox="711 944 1203 982"> <p><u>Intermediate Chinese Class</u></p> </div> <div data-bbox="711 985 1233 1280"> <p>Wednesdays 11 classes 4:45 p.m. Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> </div> <div data-bbox="711 1330 1225 1367"> <p><u>Beginning Sewing Workshop</u></p> </div> <div data-bbox="711 1370 1270 2184"> <ul style="list-style-type: none"> • Wednesday, April 28, 2015 • 1:00p.m.-5:00p.m. • Room 303 • Instructor: John Plutchak • Maximum of 8 participants • Cost: \$40.00 for senior center members and \$50.00 for non members • Bring your sewing machine • Learn how to use your sewing machine, learn the basics about thread, needles and how to read and cut out a pattern. You will make a pair of lounge pants in this workshop. Supply list available at sign up. See example in display case. • Sign up now. Please sign up by April 21. </div> <div data-bbox="711 2234 1157 2271"> <p><u>Beginning Hand-Building</u></p> </div> <div data-bbox="711 2275 1276 2610"> <ul style="list-style-type: none"> • Monday's April 20-June 1, 2015 • 4:30p.m.-7:00p.m. • Clay Room • Instructor: Jess Parks • Cost: \$40 for members and \$50 non members/ includes firing fee • Sign up begins April 8. Contact 392-8400. </div>	<div data-bbox="1320 475 1667 509"> <p><i>HEALTH/EXERCISE</i></p> </div> <div data-bbox="1320 559 1826 596"> <p><u>Personal Training with Chris</u></p> </div> <div data-bbox="1320 599 1832 770"> <ul style="list-style-type: none"> • Instructor: Chris Hicks • Available by the hour or as a package • Contact Chris (423-723-9967) </div> <div data-bbox="1439 832 1751 870"> <p><u>Pound Fit Classes</u></p> </div> <div data-bbox="1378 919 1814 1084"> <p>Monday and Wednesday April 6—May 13 10:45am—11:15am Gymnasium</p> </div> <div data-bbox="1348 1090 1842 1258"> <p>Instructor: Terri Boiling Class meets every Monday/ Wednesday for 6 weeks Please sign up by April 2nd.</p> </div>
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May Senior Artisan Fair

WE WANT ARTISAN VENDORS!!

**Woodworkers, carvers, basketweavers, quilters,
knitters, potters, and artists!**

Become a vendor, with your fine artisan skills you learn and share at the senior center in your classes!

Here are the steps to participating in this great event:

1. Join the Kingsport Artisan Center (inventory sheet, contract, and W-9 required) **Don't worry we will help you with this paperwork**
2. Sign up in the office for your table. Be ready to man your table on May 1 from 10:00a.m.-6:00p.m. in the atrium, here at the Senior Center.

Enjoy crafts, music and food!

For questions and inquiries call:
Marlana 392-8405 or Michelle 392-8404

Lee began his private counseling practice in 1990. He is nationally certified in Neuro-Linguistic Programing Psychotherapy and Clinical Hypnotherapy with the International Assoc. of Counselors and Therapists. He has been a Monroe Institute Outreach Trainer since 1986, became a Residential Instructor at TMI in 1999 and created the Timeline Program, the Shaman's Journey and Shamanic Healing Workshops. Currently he co-facilitates the Gateway, Guidelines, Lifeline, Exploration 27, Starlines, Starlines II and Timeline Programs at the Monroe Institute. He has also taught other workshops in England, the Middle East and across the United States.



Stone has extensive background in several eastern traditions including Chinese Chou Tuan, Tai Chi Tuan, I Ching, Kundalini Yoga, Hatha Yoga, Buddhist Vipassana Meditation (where he has spent almost a year in multiple silent retreats) and he is a Usui Reiki Master.

Lee has also trained/studied; crystals with Marcel Vogel, Energy Healing with english healer Brice Bond, Multidimensional Healing with Ken Page, Imago Relationship Therapy, the Forum and Mankind Project.

Also an internationally collected artist, Lee's paintings can be found in public and private collections in twenty-four countries. He has released three chapbooks of Haiku and Senryu poetry, four albums of ambient music and four guided meditation CD's with Monroe Pro.

Benefits of Meditation

Thursday– April 2
Thursday– April 9
Thursday– April 16
Thursday– April 23

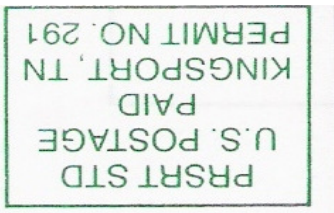
Tuesday– April 7
Tuesday– April 14
Tuesday– April 21

9:30a.m.-10:30a.m.

Room 306

Cost: \$5.00 per class paid to instructor Lee Stone

Call the front office for availability



Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

Patriotic Picnic



Wednesday, May 20, 2015

Warriors Path State Park

11:30a.m.-1:00p.m.

Cost: Bring a side dish to go with burgers

Entertainment by: The John Pafford Band



Sign up begins April 20